

Cancer Screening Guidelines

for Average Risk Adults

Talk with your medical provider about what screening tests you need based on your specific risk. Guidelines are based on current U.S. Preventive Services Task Force (USPSTF)* recommendations. You may be at increased risk for certain cancers due to family or medical history, race or ethnicity, or lifestyle behaviors or exposures.

**Ages
21-29**

Cervical Cancer

Pap test recommended for people with a cervix every 3 years, beginning at age 21.



**Ages
30-39**

Cervical Cancer

- Pap test recommended every 3 years **or**
- HPV test alone every 5 years **or**
- Both Pap and HPV test every 5 years.



**Ages
40-49**

Breast Cancer

Mammograms recommended every 2 years for people assigned female at birth who have breasts, beginning at age 40.



Colorectal Cancer

Colorectal cancer screening recommended beginning at age 45. Stool-based tests and visual exams (i.e., colonoscopy) are options. Frequency depends on the type of screening test. Talk to your medical provider about which option is best for you.**



Cervical Cancer

Continue Pap test and/or HPV testing.



**Age
50+**

Lung Cancer

At age 50, if you have a history of smoking***, talk to your medical provider about getting a low-dose CT scan every year, until age 80.



Prostate Cancer

At age 55, if you have a prostate talk to your medical provider about your risk and the benefits and harms of screening, until age 69.



Breast Cancer

Continue mammograms every 2 years, until age 74.



Cervical Cancer

Continue Pap test and/or HPV testing, until age 65.



Colorectal Cancer

Continue screening for colorectal cancer. After age 75 discuss with your medical provider.



**All
Ages**

Skin Cancer

Talk to your medical provider at any age about any changes to your skin or if you have symptoms such as changes in the size, shape, or color of skin growths, or if you have irregular moles.



Questions to Ask a Medical Provider

- What cancer screening tests are recommended for someone my age?
- How often should I get the screening tests?
- Where can I go to get screened?
- How do I schedule my screening tests?
- Will my screening tests, or other procedures, be covered by my health insurance?
- Who can I speak to about resources to cover costs?
- Are there different options available for any screenings, for example Pap test or colonoscopy?
- Are there special cancer screening recommendations for people who have had gender affirming surgery?

Questions about Screening?

Visit www.cdc.gov/cancer/dcpc/prevention/screening.htm for cancer screening FAQs, including information about how to schedule a screening test, how to afford screening with or without insurance, and more.



Notes:

*This is a summary of the current U.S. Preventative Services Task Force (USPSTF) recommendations for preventive cancer screenings. The USPSTF is an independent group of national experts in prevention and evidence-based medicine. The recommendations apply to people with no signs or symptoms of these diseases. More information can be found at www.uspreventiveservicestaskforce.org.



Other national organizations may have other recommendations for screening. Talk with your medical provider about what screening tests you need based on your specific family and health history.

** Outpatient options: colonoscopy every 10 years, flexible sigmoidoscopy every 5 years, or CT colonography every 5 years. At home options: stool-based screening (for example FIT or ColoGuard) every 1 to 3 years.

***Smoking History: Current heavy smokers who have a 20 pack-year smoking history are eligible for screening even if they continue to smoke. Former smokers who have a 20 pack-year history and have quit within the past 15 years are eligible for screening. A 20 pack-year history = approximately 2 packs of cigarettes a day for 10 years, or 1 pack of cigarettes a day for 20 years, or ½ pack of cigarettes a day for 40 years.

For More Information:

Contact the Vermont Department of Health Comprehensive Cancer Control Program:

Phone (toll-free in VT): 1-866-331-5622

Websites:

Vermont Department of Health: www.healthvermont.gov/wellness/cancer

Vermonters Taking Action Against Cancer (VTAAC): www.vtaac.org

To access this document digitally: click <https://vtaac.org/cancerscreeningguide/> or scan the QR Code.

